

February



Pick a better snack & ACT with your Family

Make Meals Together

We all have nights that are super busy. Cook ahead to avoid resorting to the drive-thru. On a slow night or the weekend whip up a couple of meals to keep in the freezer for a hectic night.

- Cut down on the work by making similar meals such as a chicken and vegetable stir-fry and chicken and vegetable soup
- When you have some extra time in the kitchen, bring your kids in to help you.

They will learn skills that last a lifetime! Make meals and memories together. It's a lesson they'll use for life.

Action

You can get a healthy amount of physical activity even in the winter weather!

- Limit TV time to a maximum of 2 hours per day.
- Sledding is great exercise, and an inexpensive sled can provide hours of active family fun.
- Build a fort, snowman or other snow sculpture with your kids.

Get out and play this winter!

Be Picky in the Aisle

Spotlight on Meats

The Dietary Guidelines recommend 4-5 ounces of meat per day for children ages 2-13 and 5-6.5 ounces for teens and adults. Meat can be expensive. Follow these tips to save money:

- Serve 2-3 ounce portions, about the size of a deck of cards.
- Mix meat with beans, rice, pasta or vegetables to stretch your dollar.
- Beans and eggs are inexpensive protein sources to use in place of meat.

Tasty Tips

Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

Simple Black Bean Salad

1. Pour 1 can of black beans into a colander and rinse under running water.
2. Add 1 cup canned or defrosted frozen corn.
3. Add 1/2 cup salsa.

*Choose mild or hot salsa based on your family's taste.

This salad is even better after it has sat in the fridge for a day or two!



Visit our website at www.idph.state.us/pickabettersnack

Source: Iowa Department of Public Health

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Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.